

Lack of or Inadequate Prenatal Care (AK 34-USDA 334)

Explain to Participant You're enrolled in the WIC program today because you started your prenatal care after the 1st trimester of your pregnancy and you have not received early and frequent prenatal care.

Goal The goal is to see your doctor often to make sure your pregnancy goes well to deliver a healthy baby. Encourage the client to make good food choices of high nutritional quality.

Suggestions for Reducing Risk

- Make an appointment with a health care provider as soon as possible.
- Follow the recommendations of your health care provider.
- Explain the nutrition education materials suggested.
- Eat a variety of foods from all the food groups every day.
- Choose fruits, vegetables, whole grains and low fat dairy foods.
- Ask your health care provider about exercise.
- Drink 8 glasses of water every day

Nutrition Education Material Suggested **Daily Food Guide**
Blue Ribbon Babies: Eating Well During Pregnancy

Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

- Calcium** Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
- Iron** Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
- Vitamin C** Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
- Protein** Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
- Vitamin A** Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information Eating for Two
 Foundation for Fitness...for Your Special Delivery